

Motion Zone: At The Supermarket

Walking on Your Toes

Lift your heels off the floor.

Walk on your toes or alternate heel-to-toe.

Alternate between toe walks and your regular walk from one aisle to the next.

Bicep Curls

Hold the basket in one arm at your side.

Curl the basket up to your shoulder.

Lower the basket.

Repeat on the other arm.

Standing Calf Raises

Stand in one place, keeping your stomach tucked in.

Raise your body up on your toes.

Lower back down until your heels are just above the floor.

Raise your body back up.

